

Creamy Tomato & Prawn Fettuccine

with Pear & Rocket Salad

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Cherry Tomatoes



Lemon



Pear



Garlic



Slivered Almonds



Egg Fettuccine



Prawns



Light Thickened Cream



Tomato Sugo



Chicken Stock Pot



Chilli Flakes (optional)





Spinach & Rocket Mix



Basil

 Hands-on: 25-35 mins
Ready in: 35-45 mins

 Eat me first

 Spicy (optional chilli flakes)

Treat your loved one with the epitome of a classic Italian meal! The simple but beautiful combination of tomato, basil and garlic pairs perfectly with fettuccine and prawns. Then, indulge in a rich and decadent dark chocolate treat with a crunchy almond butter crumb for desert. Buon appetito!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
lemon	½	1
pear	1	2
garlic	2 cloves	4 cloves
slivered almonds	1 packet	2 packets
egg fettuccine	1 packet	2 packets
prawns	1 packet	2 packets
butter*	30g	60g
light thickened cream	1 packet (150ml)	2 packets (300ml)
tomato sugo	1 medium packet	2 medium packets
chicken stock pot	1 tub (20g)	1 tub (40g)
chilli flakes	pinch	pinch
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
basil	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4347kJ (1038Cal)	641kJ (153Cal)
Protein (g)	37.1g	5.5g
Fat, total (g)	50g	7.4g
- saturated (g)	21.5g	3.2g
Carbohydrate (g)	105.3g	15.5g
- sugars (g)	20.6g	3g
Sodium (mg)	1563mg	231mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Sauvignon Blanc or Pinot Grigio



Roast the cherry tomatoes

Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Halve the **cherry tomatoes** and place on an oven tray lined with baking paper. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until blistered, **10-15 minutes**. Zest the **lemon** to get a good pinch, then slice into wedges. Thinly slice the **pear**. Finely chop the **garlic**.



Make the sauce

Return the frying pan to a medium-high heat with the **butter, garlic** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Add the **light thickened cream, tomato sugo, chicken stock pot** and a pinch of **chilli flakes** (if using) and cook until the sauce has thickened, **2-3 mins**.



Cook the pasta

While the cherry tomatoes are roasting, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Cook the **egg fettuccine** in the boiling water until 'al dente', **3 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and drain. Return the **pasta** to the saucepan with a drizzle of **olive oil** to prevent the pasta sticking together.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Bring it all together

Add the fettuccine, roasted **cherry tomatoes**, a squeeze of **lemon juice** and the reserved **pasta water** to the sauce. Toss to combine and season to taste. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil** and season with **salt** and **pepper**. Add the **spinach & rocket mix** and **pear** and toss to combine.



Cook the prawns

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **prawns**, tossing, until pink and starting to curl up, **3 minutes**. Remove from the heat, add the **lemon zest** and season with **salt** and **pepper**. Toss to combine then transfer to a bowl.



Serve up

Roughly chop the **basil**. Divide the creamy tomato fettuccine between bowls, then top with the prawns. Sprinkle over the slivered almonds, basil and extra chilli flakes (if using). Serve with the pear and rocket salad and any remaining lemon wedges.

Enjoy!



Orange Dark Chocolate Pots

with Almond Butter Crumb

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with this symbol



Roasted Almonds



Orange



Dark Chocolate
Chunks



Thickened Cream



Hands-on: 20-30 mins
Ready in: 30-40 mins
(plus 4 hours to set)

Rich, decadent and super simple to make, these orange dark chocolate pots are seriously indulgent. Don't forget to leave them with enough time to set in the fridge, then top them with a super crunchy almond butter crumb and watch how quickly they'll become your favourite sweet treat!

Pantry items

Butter, Plain Flour, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
butter*	25g	50g
plain flour*	¼ cup	½ cup
brown sugar*	1 tbs	2 tbs
roasted almonds	1 packet	2 packets
orange	½	1
dark chocolate chunks	1 packet	2 packets
thickened cream	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3874kJ (925Cal)	1484kJ (354Cal)
Protein (g)	10.5g	4g
Fat, total (g)	71.1g	27.2g
- saturated (g)	40.8g	15.6g
Carbohydrate (g)	58.6g	22.5g
- sugars (g)	46.5g	17.8g
Sodium (mg)	73mg	28mg

Allergens

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Bake the crumb

Preheat the oven to **180°C/160°C fan-forced**.

Cut the butter into small cubes. In a medium bowl, combine the **plain flour**, **brown sugar** and **butter**. Using your finger tips, rub the **butter** into the **flour** and **sugar**, until the mixture resembles fine breadcrumbs. Spread the crumb in a single layer on an oven tray lined with baking paper. Bake until golden, **8-10 minutes**.

TIP: Keep the crumb clumped together on the tray to prevent burning!



Whip the cream

In a large bowl, add the **remaining thickened cream** and **orange zest** and whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**. Very gently fold the whipped **cream** into the **chocolate mixture** until just combined.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

TIP: Chilling both the bowl and beaters/whisk before using helps get the maximum volume of cream!



Get prepped

While the crumb is baking, roughly chop **roasted almonds**. Zest the **orange** to get a generous pinch, then juice (see ingredients). Add the **dark chocolate chunks** to a medium bowl.



Chill the pots

Divide the **chocolate mixture** evenly between serving glasses. Refrigerate for at least **4 hours** or overnight. Add the **almonds** to the crumb, toss to combine, then store in an airtight container.

TIP: Don't worry if the mixture is a little runny, it will set in the fridge!



Melt the chocolate

In a medium saucepan, heat 1/2 the **thickened cream** over a medium heat and until just steaming, **1-2 minutes**. Pour the **cream** over the **chocolate**, leave to sit for **1 minute**, then gently stir to melt and combine. Add a good splash of the **orange juice** and stir to combine. Set aside.

TIP: Watch the cream carefully so it doesn't boil!



Serve up

Top the orange dark chocolate pots with the almond butter crumb to serve.

Enjoy!